

Abstract

Title: The influence of spinning on a time extension in the static apnea during free diving

Objectives: The objective of this work was to find out whether even a short and intensive training can have an affect on the increase of a vital lung capacity, on a time extension in the static apnea, and on a performance improvement during free diving.

Methods: The search of available literature and its recherche. Measurement methods determination: digital stopwatch for the apnea, spirometer for the vital lung capacity, and a Sport-tester and a Borg scale for the spinning program. Data collection.

Results: The statistical analysis of the values of a vital lung capacity and a static apnea before and after sports training

Keywords: diving, vital lung capacity, spinning, apnea, free diving